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EDITED BY: DEREK J. MILLER

YEAR BOOK 1988-1989

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'Longfields', 6 Bethany Lane, West Cross, Swansea SA3 5TL Telephone: 405398 and 405407

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Letter from Alan Williams, M.P.

Longfields has existed for so long that there is a tendency to take it for granted. Few remember what it was like before it was set up, and few think of what it would mean if it ceased to exist.

Anyone who has visited Longfields will know what an extra dimension to life it has given to those who need its facilities. It was created by dedicated families who had been forced to face the prospect that there would be absolutely no suitable opportunities for their children as they grew older. Faced with the need they created the answer.

We have always welcomed Local Authority support. But desirable as 'care in the community' is, it does mean that Councils are faced with ever-widening demands for their limited resources.

Our aim is not merely to preserve what has been created at Longfields but to improve on it. I hope we will continue to earn the support of the community that we exist to serve.

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TYN/10

Swansea and District Spastic Association

WHAT DO WE DO?

". the aims and objects of the Association are the well-being and welfare of sufferers from cerebral palsy and its allied conditions."

".... the general social welfare of such sufferers and advising and assisting their parents and those caring for them."

". taking all measures to assist those handicapped by spastic paralysis and its allied conditions to take their normal place in the community and to help them so far as is possible to become physically, socially and economically independent."

".... to receive donations and subscriptions and to raise money for the purpose of the Association and to disburse same for the fulfilment of its objects."

BRIEF EXTRACTS FROM THE ASSOCIATION'S CONSTITUTION

Valete

The death of Mrs. Eileen Crad Morgan in June of this year saddened everyone connected with the Association.

Mrs. Crad Morgan and a group of ladies known as the Sister Suzie Knitting Club worked hard over a period of 25 years to support the work of the Association. Our Year Book of 1963/64 recorded a donation of £113 from the Club, while the Year Book of 1978/79 showed a photograph of Mrs. Crad Morgan presenting a cheque for the bumper sum of £1,000. In fact the Sister Suzie Club raised nearly £9,000 over the years.

Although the Sister Suzie Club officially retired in 1978, Mr. & Mrs. Crad Morgan continued to support the work of our Association. We will always remember her as one who helped 'Longfields' in its service to handicapped people.

She was admired and respected by all who knew her, and had many friends, both within and outside the Association.

Our sympathy is with her devoted husband and family to whom her death came as such a sad blow.

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YN/18

A Synopsis of the Associations History

- 1952 Association formed with less than a dozen parents. First met in a rented school room in the Grove, Uplands.
- 1953 Centre officially opened 15th April, by Sir Ben Bowen Thomas, then Permanent Secretary to the Welsh Board of Education.
- 1955 'Longfields' acquired by the Association with the help of the late Mrs. F. M. Phillipe, a London philanthropist. Centre officially opened in September by the then Mayor of Swansea, Councillor Percy Morris.
- 1962 Work Centre opened by Lord Brecon, the Minister of State for Welsh Affairs (cost £10,000).
- 1967 Occupational Therapy unit opened by the Rt. Hon. Sir Elwyn Jones, Q.C., M.P. (cost £35,000).
- 1972 Local Authority provided a teacher for young children.
- 1973 Short-term Residential Care Unit completed at a cost of £12,500 and opened in June.
- 1976 Children of school age transferred to Morfydd House Special School.
- 1977 Association celebrates 25th Anniversary.
- 1981 Ladies Guild celebrates 21st Birthday.
- 1985 Thirty years at 'Longfields'.

Chairman's Report

The year 1987-88 has been one of considerable progress in our restructuring programme, and thanks must go to the Policy Committee and some members of Management Committee and staff for their unstinting commitment and dedication and many hours of their time given quite freely to this rather daunting task.

However, the seeds planted some years ago are now bearing fruit and much satisfaction should be gathered from the results.

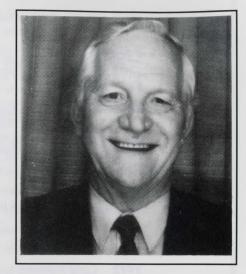
We now feel that we have formed a good staff team with a positive attitude to face a brighter future for our cerebral palsied people.

I hope we see Longfields as an establishment to provide real jobs and not jobs of convenience where staff and management work together to provide motivation, to achieve the maximum possible independence, personal fulfilment and a better quality of life for all our cerebral palsied people.

We have formed a real base but there is still a long way to go in the way of standards and services which we must aim to achieve in the near future.

The question of long-term residential care for our people when they are left alone is, I am sure, uppermost in the minds of many of the older parents, and it must be admitted that little progress has been made in this direction except for the private nursing homes that are popping up all over the principality which does, I suppose, ease the problem somewhat but does not completely solve this worrying situation.

There is also the short-term care that is causing some concern, with nursing costs rising rapidly, and a solution must be found to cut costs in this direction for this very necessary service.



Younger parents also must be considered with children of pre-school age and also the 19+ leaving Special Schools.

The range of disabilities is so great with cerebral palsied people that it would not be possible for the Swansea & District Spastic Association to provide for all their needs unless the resources are available.

Every parent and all those interested in the welfare of cerebral palsied people must put pressure on the Statutory Bodies and their Council members to provide the services and facilities which is, after all, the right of all our disabled people whether it be through the public bodies or the voluntary sector.

The 'House' also remains a cause for concern, whilst it is a desirable residence it is not really suited for disabled people and is at the moment very much under-used, it must be placed in a high priority for our future discussions.

Costs are running high with building works, maintenance and transport to

the fore-front and catering costs must be clearly examined.

We should aim for a lean, efficient, caring and compassionate organisation allowing as far as we possibly can to let our cerebral palsied people have a say in their own destiny.

On the appeals front the 'Run' was the highlight of the year and is establishing itself as one of the bigger events in the city. Thanks must go to Gerry and his Appeals team and the 'Prudential' for their generous sponsorship.

On the Regional front we continue to support many worthwhile projects throughout Wales, but perhaps should be directing our energies and resources more directly to the real needs of our own cerebral palsied people.

It is certainly gratifying to note the efforts being made in the direction of a residential project in South Glamorgan and I am sure we hope that it will reach a successful conclusion.

The Director of Region has given approval for the All Wales Research Initiative and I hope we will eventually gather the information through this

initiative that will enable us to plan the future aims of the Society in Wales for our cerebral palsied people in the principality.

When this report is published the Association would have had its Second Meeting following a very successful Discussion Day in April with the Special Needs Housing Advisory Service and I hope the advice from these meetings would have been helpful to all parents and everyone concerned with Special Housing Needs.

On the National scene, Mr. Kenneth Young took up his post as the Chief Executive of the Spastics Society.

Mr. Young is 46 years of age and has held the post of Director of Social Services for East Sussex County Council for the past seven years.

I am sure you will all join me in wishing him well and that he moves the Society in the right direction in the next decade.

In conclusion may I thank the Ladies Guild for their continued support and all staff, old and new, for their care and compassion.

T. G. JOHN



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TYN/1



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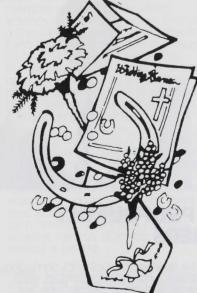
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Dellwyn Jones Regional Manager The Spastics Society in Wales



AGEING PARENTS WITH PROFOUNDLY DISABLED FAMILY MEMBERS

In 6½ years with the Housing Corporation I had a great deal of indirect and occasionally direct contact with many innovative and successful special needs housing schemes undertaken by Welsh Housing Associations.

I had become convinced that associations were the perfect vehicle with positive Housing Corporation support to tackle the housing needs of people described as from the more disadvantaged sections of society.

This view remains fundamentally unaltered. The last three years have seen massive strides forward but they have also demanded an orgnization, such as the Special Needs Housing Advisory Service, to assist. I have been privileged to have been invoved with SNHAS over the past two years.

Accordingly, SNHAS was one of my first ports of call when I realized that my current position brought me into contact with groups of people throughout Wales where my perfect model could not readily work.

In a number of locations throughout Wales, I have direct contact with small groups of people who are rudely called 'ageing parents'. They are often aged sixty-five, seventy, seventy-five and have coped as a family for often thirty, thirty-five, forty years with an adult 'child' with profound handicap, often both physical and mental.

These parents are of a generation where self help, independence and determination are the important words. They have individually and collectively dealt with the issue of constant care, without too much recourse to professional help from statutory services.

However, the fundamental question they are beginning to ask is 'How much longer can I cope'? followed by 'Should we secure our son/daughter's future whilst we can still cope'? The realization is dawning that their children could be faced with the double trauma of bereavement and being moved to a strange home anywhere in the United Kingdom at the same time.

In South East Wales, the adult family member with disability often attends with long standing friends a Day Centre run by their parents. Each day they are active in a happy community with long-standing friends. How much better it would be if they were able, whilst their parents were still able to cope, to live as well with the same friends in a similar environment.

Yet the care they need is enormous. A bungalow for four would demand twenty-four hour care and perhaps a ratio of three carers to each resident. I know not of any housing association grant or related rules that would easily accommodate such revenue costs in a housing scheme. Various attempts have proved a failure.

However, there is hope. With SNHAS and a local housing association, the local parents, the social services department and the Health Authority, a partnership and solution might be forthcoming.

I read and read all I can on the new housing association grant rules and await the new housing legislation with trepidation but perhaps also some hope. If we could tie some public capital, some private finance and charitable and voluntary services together, then we may have the capital. Liaison with DHSS, Social Services and Health Authority, and charitable sources might ease the revenue equation. Then we might have the basis of a viable scheme.

However, problems will remain. One will remain constant. 'How do we persuade the parents to let go?' How do we differentiate, if we have to, between their long term residential requirements and the need for respite care? The answers are not readily available.

What I can say, however, is that we will succeed in South Glamorgan with the help of others. When that is done, look out Clwyd, Gwent and West Glamorgan. This is the first not the last!

DELLWYN JONES Regional Manager The Spastics Society in Wales

These views are personal to the author and not necessarily those of the Spastics Society.

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Name:	
Address:	
Signed:	Date



Michelle, Matron, Margaret, Daphne, Marian and Vanessa at Matron's leaving party



Matron receives from Mr. O. J. Lewis a swivel chair, the gift of Special Needs Units trainees and parents

Mrs. Gloria Watts

1st April, 1988 marked the end of an era at Longfields with the retirement of Mrs. Gloria Watts who had held the post of Matron for just 30 years.

The occasion was marked by a Social Evening at the Welfare Social Club at Fforestfach, arranged by Mr. and Mrs. Ron Thomas, at which Matron was presented with a cheque to recognise her long and loyal service to the Association, and with gifts from Day Centre trainees and parents.

On the actual day of her leaving there was another party, at Longfields arranged by Special Needs Unit staff and parents, during which further gifts were presented, including Matron's own choice, a cane swivel chair, in which she intends to spend some of her increased leisure time!

Both these occasions were happy ones, as Matron has assured us that she will be

a frequent visitor to Longfields, and has, in fact, already been back to organise the Garden Fete.

Over the years Matron has been a true friend to us all - to trainees and parents, and to the Association, often undertaking from choice tasks which were not strictly hers to perform. For example, during recent years the Garden Fete and the Flag Day were organised by her, with the minimum of fuss and the maximum of efficiency.

We shall miss Matron at Longfields, but are glad that we shall still have her as a friend, and as President of the Ladies Guild, and we wish her and Tony (when he retires) many years of happy retirement together. We are asked now to call her 'Gloria', and are trying to remember to do so, but to Longfields trainees she will always be 'Matron'.

J.O.

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Margam Park





Margam Park

On 22nd June, 1988 a convoy of four buses transported everyone from Longfields for a memorable day out at Margam Park.

As we arrived the driver of the road train very kindly offered us a free ride around the Park where we passed the deer herd relaxing under the warm summer sun. The next stop was the Visitors Centre and from there many of us embarked on little walks looking at the wildlife. Others preferred to indulge in cups of tea, ice-cream and buy some gifts in the shop.

After a picnic lunch some of us made our way to the Maze, but were lost and confused even before reaching it! Still, it was great fun and after more rides on the road train and the horse and cart we were ready to make our way back after a glorious trip to Margam Park.

K. J. HARWOOD



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Please come along on the day.



Saturday, 4th June, 1988 was the date of our Annual Garden Fete this year, and it proved to be most successful held on a warm summer day in the most pleasant surroundings of Longfields.

The Fete was opened by Mrs. Frances Mathews (Woman of the Year, 1988), and was attended by our President R. Hon. Alan Williams, M.P. and his wife.

Jacqueline Morgan presented a tray made at Longfields to Mrs. Mathews. Also in the photograph are Ms. Gwyn John (Chairman) and Matron.



ALL SET FOR ANOTHER BUSY GARDEN FETE



VALETE

The tragically early death of Ken Thomas, a prominent member of the Association and its Appeals Organiser for several years, was mourned by many outside his immediate family.

He took an active part in the running of Longfields and social activities for our trainees over many years. Ken is well remembered for the regular Social Evenings he organised at the Irvine Club and elsewhere - they were much enjoyed by the disabled people, their parents and friends. He also arranged holidays at various resorts here and abroad which were a great experience for all those who could take part.

Ken will be sadly missed at our Annual Summer Fete and other fund-raising events where he was a popular and energetic stall-holder together with members of his family and friends.

He always had the welfare of disabled C.P. people to his heart and did much to improve their lives and happiness.

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TYN/47

What is Your Understanding of Cerebral Palsy?

IT'S HEREDITARY

FALSE!

IT'S A CONTAGIOUS DISEASE

FALSE!

cerebral palsy can be born to any family. Cerebral palsy is neither contagious, nor a disease. It is a physical disabling

condition or disorder.

Only a minute percentage of cases of cerebral palsy are caused by inherited

defects. Broadly speaking a child with

IT'S A MENTAL HANICAP

FALSE!

Cerebral palsy though caused by damage to the brain, is not in itself a mental handicap. However, if the damage to the brain spreads from the portion controlling movement to the portion controlling thought then some degree of mental disability will be incurred.

IT'S PAINFUL FALSE

People often believe, wrongly, that anyone with cerebral palsy is constantly fighting pain and/or illness. Cerebral palsy is not a painful condition, and people affected by it are generally as healthy as anyone else.

Cerebral Palsy is a disorder of movement and posture appearing in the early years of life. It is due to damage or failure to develop normally in a small part of the brain which controls movement.

No two people with cerebral palsy are alike. Some are so lightly affected that they have no obvious disability. Others may be much more seriously handicapped.

Cerebral Palsy has three main forms (Spasticity, Athetosis and Ataxia).

A person with SPASTICITY has muscular weakness and disordered movement.

A person with ATHETOSIS is affected by uncontrollable movements of limbs and muscles.

A person with ATAXIA has an unsteady gait and has difficulty in balancing.

Intensive research is being carried out but experts are still unable to identify all the causes of cerebral palsy. It is certain, however, that it is a condition that can occur in any family, regardless of sex, race, maternal age or social background.

It is therefore of direct concern to us all

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Mrs. Daisy Hughes

Those of us whose daughters or sons attend Longfields Spastic Centre have a very warm place in our hearts for 'Auntie' Daisy. She has looked after their needs and well-being with great skill and dedication for many years - since we moved to Longfields in 1955. Before that she cared for them as young children at our first small school in The Grove, Uplands, which was opened in 1953.

In addition to her work at Longfields, Mrs. Hughes is still active with the Swansea Branch of the Red Cross - she was a Red Cross nurse during the last

As well as caring for our boys and girls 'Auntie' Daisy works tirelessly at fund raising for Longfields, and has always done so. She is expert at making beautiful soft toys, etc. for sale on her stall in our

Summer Fete. Christmas Favre and other occasions.

Although she retired 'officially' last October (1987) such is her attachment to and concern for the severely disabled people in her care over the years that she still comes to our Special Needs Unit as a volunteer worker twice a week. She was of great assistance for 30 years to Mrs. Gloria Watts, our former Matron, who recently retired. Now 'Auntie' Daisy uses her long experience and expertise with disabled people to help our Senior Care Worker, Mrs. Daphne Axbey and her assistants. She is a source of inspiration and an example to all workers in the caring profession. We are very proud of her and wish her well in the future.

O.J.L.



Mrs. Daisy Hughes and Mrs. Gloria Watts, stallholders at the Ladies Guild Christmas Fayre with Trustee Mr. Emrys Williams

New Initiative

An exciting new initiative, in the field of education, is being piloted in the counties of Mid Glamorgan, West Glamorgan and Gwent.

For sometime, parents have experienced difficulties in dealing with assessment procedures in Special Education. The Spastics Society, Mencap and the Wales Council for the Disabled, recognised that parents of children with Special Educational Needs, wanted to find a neutral and independent source of help. Because of this common need, a new project was born...

S pecial N eeds A dvisory P roject

Funding has been obtained for one year, from Opportunities for Volunteering in Wales, to provide an effective information network for parents. Volunteers will be recruited and trained to deal with the many

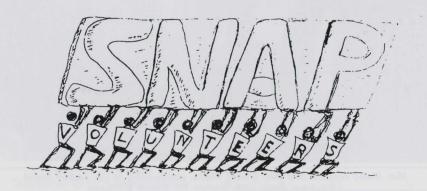
worries and concerns expressed by parents.

The volunteers will be able to:-

- explain parents' rights under the 1981 Education Act.
- provide information on schools in the area.
- help parents in discussion with professionals.
- help parents describe their child's needs.
- introduce parents to others who have had similar problems.

This new project demonstrates the value of organisations working together, to provide a much wider support structure for parents. Together we are attempting to secure the future of the Project, which will hopefully extend into other areas of Wales.

If, as a parent, volunteer or professional, you would like further information on SNAP, please contact the Society's office in Cardiff — (0222) 463420.



M.S.C. Personal Development Project

Taking over from Mr. Ed. Whittingham on December 14th 1987 just prior to Christmas was a daunting task. Rehearsals for the panto were in full swing and all energies were channelled in that direction. The idea was to involve as many disabled people as possible and we eventually persuaded six to take part, including three in wheelchairs. The pantomime, for which I personally cannot take any credit was an unquallified success. It was scripted by Richard Morgan and Susan Meredith, rehearsals organised by Simon Duffy and Julie Rees, art and scenery by Ann Bateman and costumes by Betty Barnes. Everyone thoroughly enjoyed themselves both on and off the stage.

A trip by the whole Centre to see Dick Whittington was next on the agenda. Funded partially by the management committee and both permanent and project staff were involved. Good cooperation from the Grand Theatre staff helped in the smooth running of the event.

Since the 1st of January the scheme has become more structured, with positive objectives and targets. The interests in particular areas of activity has grown to the point that even with a full compliment of staff it is impossible to accommodate all people interested. The weekly swimming sessions now have to be done on a rota basis, when I came it was difficult to raise any interest at all.

At the end of March we organised a pilot weekend trip to the Stackpole Trust Home Farm for six disabled people and six staff from the project. It was an eyeopening experience for all twelve of us and a lot of valuable personal information was gained by all. From that experience a further three trips are being organised for the autumn.

Quite good results are being achieved in the fields of literacy and numeracy with particular clients all be it very slow and demanding work by the staff. The computer exercises in education, hygiene, and social skills are very popular and approximately fourteen are currently having regular periods of instruction. The Horticulture section is now static with four people being involved regularly.

A lot more solo work is being done with individuals being taken on public transport in a one to one situation although this is very demanding on staff resources and time but the results are very encouraging with levels of independence improving with every trip.

My time spent at Longfields has been very rewarding for me, and I hope my staff and myself have given some sort of assurance and self confidence to the people we have been involved with during the course of the project. I hope the beginnings the project have started can be carried on after the project is wound up, by the permanent staff and eventually some will gain a level of independence and be able to live a fuller and happier life.

BRIAN MAHERS Project Supervisor



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STEVE HILL ran in the Gloucester Marathon and raised £275 for the Special Needs Unit of Longfields Spastic Centre, West Cross, Swansea. Steve was sponsored by colleagues at Taylor Tiles, and from the money raised he has presented a cooker, lounger bed and teddy bear for the unit. Steve is running in the London Marathon in April, again for the unit, and his fiancee Sharon Couch is co-ordinating all donations at Longfields. Steve and Sharon were pictured during the presentation to Mrs. Gloria Watts, matron, and staff of the unit and their trainees.

Photo Courtesy of S. Wales Evening Post



Mr. Stephen Hill ran in the London Marathon in April and raised £650 by September. He bought a video, a video cabinet, video tapes and electric keyboard which he presented to Longfields Special Needs Unit.

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Some members of the Ladies' Guild at Mr. Emrys Williams' Coffee Morning

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The Ladies' Guild

In the financial year which ended on the 31st March, 1988 the Ladies' Guild raised £7,275, this amount represents continuing effort and hard work on behalf of the Ladies' Guild. Our fund raising this past year has been geared towards contribution to a new ambulance which we hope will be purchased in the near future.

Our year has been quite a busy or commencing with our Pancake Morring on Shrove Tuesday at Longfields, a social and entertainments evening at the Mansion House, this was a pleasant evening, a coffee morning at the home of Mr. Emrys Williams, a popular and annual event plus our Champagne Lunch at Mumbles Yacht Club, another popular and annual event.

We had a series of coffee mornings at the homes of various Guild members, who were also on hand to help at the 10 Mile/5 Mile Fun Run in May, the Summer Fete at Longfields in June and culminated with our main fund raising event - our Christmas Fayre at the Patti Pavilion in November.

Proceeds of the Fayre amounted to £2,034, a marvellous achievement by all concerned. Our grateful thanks must go to

all members who have worked so hard again this past year, fund-raising, catering, selling raffle tickets, stocking and manning individual stalls, without their continuous support we would be unable to attain the targets we set ourselves. Well done everyone.

We look forward in the immediate future to a round of coffee mornings, Avon, Pippadee and Port Merion Pottery Parties and on the social side of the Guild we hope to initiate a series of 'get togethers' to enjoy one another's company.

Our Guild has really only one purpose, which is to work for 'Longfields', that we enjoy the work and the company of our members is a bonus. We would be happy to welcome new members and if you are interested please do come and join us at one of our meetings. These are held on the second Tuesday of every month at the Friends Meeting Hall Annexe in Page Street at 10.30 a.m.

To all members of the Guild and friends. a big thank you for your continuous work and for the pleasant hours in your company.

M. BATEMAN



Christmas Fayre at the Patti Pavilion with Mrs. Iris Aulsey, Woman of the Year for Swansea with Molly Bateman who opened the Fayre

34

Miss C. V. Thurston

It was with great regret that we heard of the death on 25th June, 1988 of Miss Thurston who had been Superintendent of the Children's Orthopaedic Clinic in Swansea for many years until her retirement in 1969.

Miss Thurston had been involved with the welfare of cerebral palsied people from the early days of the Association and was a member of the original medical panel. She was always ready to help with her patients' problems, whether or not they came within the scope of her job, and many parents of disabled children looked to her in the days before Social Services were available.

Thursday mornings were for many years 'Longfields mornings' at the 'Ortho' difficult times were brightened by the coffee and biscuits provided for children

and parents by Miss Thurston and her

Recalled by many, too, the annual Christmas Party to which every patient was invited with transport laid on - a mammoth task undertaken cheerfully and paid for from funds raised throughout the year. These were very enjoyable occasions, and are remembered with gratitude.

Miss Thurston will long be remembered by many people in Swansea for her work and for her friendship, but especially, I think, by everyone at Longfields.

We extend our sincere sympathy to Miss Thurston's family, and to Miss Tuck who worked with her wholeheartedly for many years for the good of disabled people.

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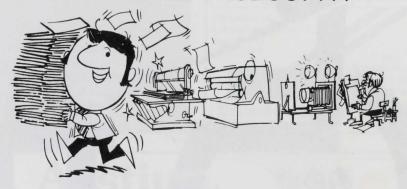
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